

# Breakfast in the Classroom

## How Does Breakfast in the Classroom Work?

Just as the name implies, students eat breakfast in the classroom at the beginning of the school day or during morning break time. Breakfasts can be either hot or cold, depending on a school's facilities and equipment.

Breakfast in the Classroom can be offered three ways:

1. Breakfast can be delivered to the students in the classrooms.
2. Students can pick up their meal in the cafeteria and return to their classroom to eat.
3. A student representative can go to the cafeteria, pick up the breakfasts, and take them back to the classroom in a cart or wagon.



Breakfast only takes 10 to 15 minutes for the students to eat so little teaching time is lost. Many teachers use this time to take attendance, collect homework, deliver announcements or read to the class. Many teachers feel this is a valuable use of time and that their classes are more productive when students start their day with a healthy breakfast.

Students are responsible for throwing away their trash into trash bags provided by the school food service or custodial staff. Classroom representatives return the trash bags to the cafeteria or leave it in the hallway for the custodial staff to collect.

## Why Serve Breakfast in the Classroom?

Most importantly, when breakfast is served in the classroom, more students eat breakfast. Breakfast in the Classroom is a great way to reach students who do not have time to eat before school, or who are not able to get to school in time for breakfast, when it is served before classes start. In some cases, schools do not have a space that is available or large enough to serve breakfast.



Classrooms are familiar to students and offer a comfortable environment for eating and learning. Breakfast in the classroom is convenient and can be prepared quickly, with little extra cost on labor or equipment.

## When Does Breakfast in the Classroom Work Best?

Breakfast in the Classroom works well in elementary schools and in schools with the following characteristics:

- Students are in the same room at the start of each school day.
- Busses arrive just before classes begin.
- Teachers are supportive of breakfast and realize its importance to learning.
- There is no space to serve breakfast.
- The cafeteria is centrally located.